

# Briefs . . .

## Water conservation policies

Post water conservation policies are in effect throughout the year. Watering landscapes around residential and administrative buildings is not authorized from 10 a.m. to 8 p.m. Watering shrubs and ornamental plants with a hand-held hose is authorized anytime during the day. See related article on Page 4.

## Walters Gate update

Walters Gate has returned to normal access operations. The two inner left inbound traffic lanes are for vehicles with Department of Defense decals. Visitors must use the outside right lane. The 7th Street adjacent to Military Clothing has returned to normal two-way traffic operation, and 7th Street near the PXtra and Commissary parking lot has also returned to a one-way street leading into Wilson Street.

## Quadrangle closure

The Quadrangle will be closed to the public Saturday and Sunday for the Fiesta 2006 Celebration. The Quadrangle is open weekdays from 8 a.m. to 6 p.m. and weekends from noon until 6 p.m. Dogs are not permitted inside the Quadrangle.

## Newcomers’ Extravaganza

Newcomers’ Extravaganza will be held Tuesday from 9:30 to 11 a.m. at the Sam Houston Club. Attendance at this event is mandatory for permanent party military members E-1 through O-6 within 60 days of arrival to Fort Sam Houston. Everyone who attends the extravaganza will receive a voucher for \$2 off lunch at the Sam Houston Club immediately following the event. For more information, call Alicia Tyson at 221-2705 or 221-2418.

## Housing Services Office closure

The Housing Services Office will be closed April 28. For more information, call 295-8519.

## Uniform donation

As the Army transitions to a new combat uniform, Soldiers can put their old uniforms to good use by donating them to the Department of Combat Medic Training for Soldiers in training. The collection bins are placed in front of Building 1374 on W.W. White Road and between Abel and Willis Halls on Stanley Road.

## Asian Pacific Islander Heritage Ceremony

A ceremony to observe Asian Pacific Islander Heritage Month will be held May 9 from 10:30 to 11:30 a.m. at the Roadrunner Community Center. **Luau**  
The first annual luau in observance of Asian Pacific Islander Heritage Month will be held May 12 from 6 to 9 p.m. in the field adjacent to the Roadrunner Community Center. The public is invited.

See **BRIEFS** on Page 4

## Inside . . .

From the Top . . . . .	2
Sports . . . . .	10
Health . . . . .	11
School . . . . .	14 and 15
Religion . . . . .	19
MWR . . . . .	20
Child and Youth Services .	20
Community . . . . .	21
Fort Freebies . . . . .	22



Photo by Esther Garcia

# Fiesta spirit

Margarita James entertains more than 2,500 Soldiers during the Viva Fiesta Run sponsored by the 32nd Medical Brigade Friday morning at the Johnson Field Track. James, a member of the Ballet Folklorico Del Cielo, will perform Sunday at Fort Sam Houston’s Fiesta and Fireworks celebration at MacArthur Parade Field. See more photos on Page 3.

# Celebrate Fiesta at Fort Sam Houston Sunday

The public is invited to Fort Sam Houston’s free Fiesta celebration, one of the grandest of the city’s Fiesta events, Sunday beginning at 1 p.m. at MacArthur Field parade grounds on the corner of Stanley and Harry Wurzbach Roads. Coolers and pets are not permitted.

The public may enter Fort Sam Houston from Interstate Highway 35 at either the Walters Street gate or the Binz Engleman entrance. The entrances at the Winans gate, off Harry Wurzbach Road, and Cunningham/Wilson gate, off Broadway Street, will be open for vehicles with Department of Defense decals.

The Country Fair will be held from 1 to 9 p.m. in the field adjacent to the MacArthur pavilion. It will feature a display of military equipment and exhibits, live entertainment, kid’s carnival, games, food and drink booths. Some of the exhibits include the “Johnsonville Brats,” the world’s largest grill, selling brats. The grill is 65 feet long and weighs 54,000 pounds. It can cook 750 sausages at one time. Also, the Spammobile will be providing free spam samples.

Continuous entertainment will begin at 1 p.m. and will include: Air Force Honor Guard Drill Team; Army Medical Command “Sin Limite” Latin band;

Kazamba Drum and Dance Group; the Tailpipes, performing 60s-era music; Ballet Folklorico Del Cielo dance group; the Almost Patsy Cline Band from Bandera, Texas; and Fort Sam Houston’s own Rainbow Kids performing 50s and 60s country-style music.

The Fiesta celebration is sponsored by Ford Motor Company, First Command Financial Planning, DeVry University, Hotel Marquis Airport, Briggs Ranch Grand Vacation Club, Washington Mutual, John Deere, Johnsonville Brats and Spammobile.

See **FIESTA SCHEDULE** on Page 3

# First interrogation battalion activates at Fort Sam

By **Elaine Wilson**  
Fort Sam Houston Public Information Office

Army leaders are taking lessons learned from the Abu Ghraib detainee abuse incidents to revamp the intelligence field.

Changes include the activation of dedicated interrogation battalions and a new joint training center for the intelligence career field.

The first joint interrogation and debriefing battalion in the Army stood up April 12 during a ceremony at MacArthur Parade Field.

The 201st Military Intelligence Battalion is the first of four joint interrogation battalions — two active and two reserve — to be acti-

vated in the next several years. Its mission is to conduct detainee screening and interrogation missions in support of military operations throughout the world such as Enduring and Iraqi Freedom.

“Being the first dedicated interrogation battalion in the Army, the spotlight is on these fine Soldiers and their leadership,” said Col. Richard Saddler, commander of the 470th Military Intelligence Brigade and guest speaker at the ceremony. “Fortunately, they are the finest our nation has to offer, and they will do well in their upcoming missions.”

The 201st Military Intelligence Battalion comprises 147 active duty Soldiers, all specializing in interrogation and intelligence.

See **ACTIVATES** on Page 4

# Water conservation Mission, protect water resources

By Maj. Gen. George Weightman  
Installation commander

Fort Sam Houston is committed to protecting our water resources as an integral part of the installation’s mission. We must all meet our responsibility by conserving this precious resource and being proactive in our stewardship.

The Edwards Aquifer is the sole source of drinking water for more than 1.5 mil-

lion people. The increasing demands put on the Edwards Aquifer by local communities will undoubtedly affect the future ability of Fort Sam Houston to draw sufficient water to meet all legitimate needs. It is therefore, imperative that the installation takes necessary steps to decrease its dependency on the Edwards Aquifer. Actions to date include aggressive pursuit of sources of reuse and non-Edwards water and development of extensive

Landscape Master Plans, which utilizes drought-resistant landscapes. The approved Historic and Non-historic Landscape Master Plans provide planting design solutions for post beautification, which include preserving the historic character of the post and promoting water use reduction. Only plants adapted to the growing conditions of south central Texas or recommended by the plans may be utilized on the installation.

To further our conservation efforts, I am reiterating the policy concerning irrigation systems. Installation of irrigation systems is limited to drip irrigation or to irrigation systems which will use reuse water. For more information, call the Environmental Office at 221-5093.

Our goal is to be prudent stewards of our environment. I challenge all members of this community to support this effort.

## Fort Sam Houston News Leader

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# 32nd Medical Brigade celebrates Fiesta

Fiesta Royalty, King Antonio Rick Shaw, and members of his court, enjoy breakfast at the Rocco Dining Facility with Soldiers from the 32nd Medical Brigade following the brigade run on Friday. Fiesta Royalty who visited with the Soldiers included the President of the San Antonio Fiesta Commission, Mary West T aylor; El Rey Feo, Ronnie Gabriel, and his court; Reina de la Feria de las Flores, Natalie Ortiz; Miss Fiesta San Antonio, Abby Garcia; Charro Queen, Gabby Lopez; and Queen of Soul, Whitney Bailey.



Photos by Esther Garcia



Photo by Esther Garcia

## Band leaders

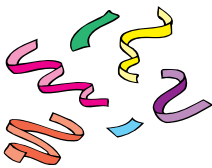
Chief Warrant Officer William J. Brazier Jr., commander of the Medical Command Band and Juan Garcia, director of the 150 piece Alamo City Community Marching Band will jointly conduct the Fort Sam Houston Fiesta Fireworks concert. The musical program will feature American composers or music arrangers. Selections for the evening will include "Americans We," "Instant Concert," "Pirates of the Caribbean," "Stars and Stripes Forever," "Hosts of Freedom March" and "1812 Overture" in a 21 selection spectacular program.



Members of the El Rey Feo court help Col. Bradley Freeman (far right), spread Fiesta cheer with Brig. Gen. David Rubenstein, assistant surgeon general for force sustainment, Medical Command, and Maj. Gen. George Weightman, installation commander, by breaking the traditional cascarones over their heads. Prior to the run, Fiesta royalty was introduced to the Soldiers of the brigade and the Army MEDCOM "Sin Limite" Latino Band performed for the Soldiers.

## San Antonio Fiesta events

For a list of other Fiesta events throughout San Antonio, see Page 21.



# Fort Sam Houston Fiesta and Fireworks Celebration April 23

### Entertainment Schedule

- 1 to 1:30 p.m. - 16-Man Air Force Drill Team from Washington
- 1:30 to 2:15 p.m. - Army Medical Command "Sin Limite" Latino Band
- 2:15 to 3 p.m. - Tailpipes Band (60s-era music)
- 3 to 3:30 p.m. - Ballet Folklorico del Cielo Dancers
- 3:30 to 4 p.m. - Kazamba Drum and Dance Group
- 4 to 4:30 p.m. - Rainbow Kids (young kids performing 50s and 60s country-style music)
- 4 p.m. - U.S. Army Golden Knights Parachute Team at MacArthur Parade Field
- 5:30 p.m. - Fife and Drum Corps
- 6 p.m. - Fiesta salute, Soldiers on parade
- 7 to 7:30 p.m. - Escaramuza Rosas de Castilla, an equestrienne drill team, performs at MacArthur Parade Field
- 7 to 7:40 p.m. - The Almost Patsy Cline Band from Bandera, Texas
- 7:40 to 8 p.m. - Las Erendiras, an all female marachi group
- 8 to 9 p.m. - Joint Fiesta concert with the Army Medical Command Band and the Alamo City Community Marching Band; features a giant fireworks show and cannon fire to the famed "1812 Overture" by Piotr Ilyich Tchaikovsky
- 9 p.m. - Fireworks finale!



Briefs cont. . . .

Be water smart, conserve

Legal assistance extends to Saturdays

The Fort Sam Houston Legal Office will offer appointments beginning June 3 on the first Saturday of the month from 8:30 a.m. to 4 p.m. in Building 134, 1306 Stanley Road, Office of the Staff Judge Advocate. To schedule an appointment, call 221-2353 or 221-2282.

Cheerleaders visit PX

Four cheerleaders from the Buffalo Bills football team will visit the Main Post Exchange Friday from 2 to 4 p.m.

Unit Prevention Leader Seminar

Fort Sam Houston’s Army Substance Abuse Program will sponsor a Unit Prevention Leader Seminar Monday to April 28 in Willis Hall, Room 2206. This is a mandatory class for UPLs currently on orders to collect drug-testing specimens for their unit. Certificates of completion may be used for promotion points. Reservations will be on a first-come, first-served basis, and registration must be done via e-mail. For more information or to register, e-mail April.Johnson-Walker@samhouston.army.mil or Angela.Moss@samhouston.army.mil.

Sexual Assault Awareness Training

Fort Sam Houston will conduct Sexual Assault Awareness training April 26 from 8 a.m. to 4:30 p.m. at the Roadrunner Community Center. Attendance is mandatory for victim advocates. Commander, cadre and Soldiers are welcome. Register by close of business Friday. For information or to register, call 221-0918 or 722-4920.

AFTB Level II and III training

Army Family Team Building offers AFTB Level II and III training Tuesdays and Thursdays from 6 to 9 p.m. at the Roadrunner Community Center through the month of March. Students will learn interpersonal skills, how to develop relationships and leadership skills. AFTB will provide drinks and snacks. Registration is required for each workshop; call the AFTB Office at 221-2705 or 221-2418.

Misleading VA Web site

An organization called Veterans Affairs Services is gathering personal information on veterans using a VA Services Web site. However, this organization is a private company based in California and is not affiliated with the VA. The self-described nonprofit veteran’s service organization is affiliated with the Military Financial Planning Association. If people know of any VAS acts, such as VAS employees assisting veterans in the preparation and presentation of claims for benefits, send the information via e-mail to Michael Daugherty, staff attorney with the Department of Veterans Affairs, at Michael.Daugherty2@va.gov or call (202) 273-8636.

By Cheryl Harrison  
Fort Sam Houston Public Information Office

Drought conditions persist in San Antonio and without additional rainfall the drought will worsen in many locations.

A reuse water system is used to irrigate areas such as the golf course, the Fort Sam Houston National Cemetery and chillers on post and at Brooke Army Medical Center.

“Fort Sam has year-round rules for water conversation,” said Jackie Schlatter, of the Environmental and Natural



Resources Office. No fundraising car washes are allowed on post and of course, lawn watering is before 10 a.m. and after 8 p.m. Any other time is wasteful because of the heat, the water will just evaporate,” Schlatter added.

Hand watering grass and plants is allowed at any time, but it is recommended people research plants and grasses used in lawn beautification. The environmental and natural resource office on post has a demonstration garden at Building 372, between the Post Exchange and PXtra. The garden showcases plants that are native to Texas and drought tolerant.

Military, families can get online mental health screening

By Gerry J. Gilmore  
American Forces Press Service

WASHINGTON — Military members and families coping with the stress of overseas deployments and other potential health-threatening issues can log onto the Internet to get help, said a U.S. military psychologist.

Servicemembers from all components and their families can obtain a mental health self-assessment or screening through a Web site co-sponsored by the Department of Defense and Screening for Mental Health Inc., a nonprofit organization, said Col. (Dr.) Joyce Adkins, a psychologist with the Force Health Protection and Readiness directorate at the Defense Department’s Health Affairs office.

“The (online) screening actually gets you to where you need to be in terms of counseling,” Dr. Adkins said. “Once you do one of the screening checklists, it will give you the benefits that are

available to you.”

The Web site was brought online in January, and can be found at <http://www.mentalhealthscreening.org/military/index.aspx>. The link to the survey is in the upper right corner of the Web page under “Click for anonymous self assessment.”

The site augments other DOD mental health assistance resources, Dr. Adkins said. People logged onto the site are asked to answer a series of questions. The program “grades” the completed survey, Dr. Adkins said, and gives people an evaluation of their present mental health and provides assistance resources, if deemed necessary.

Other DoD-endorsed health sites tell customers how to access mental health counseling services, but do not provide an online mental health screening program, Dr. Adkins said.

National Guard and Reserve members returning from overseas deployments also are authorized to use the

Web site, Dr. Adkins said. Returning Reserve-component members have two years of health benefits provided by the Department of Veterans Affairs.

“And, it’s totally free to them,” the colonel said.

Such services are especially important now because of the potential stressful effects deployments can have on both military and family members, Dr. Adkins said.

“It’s a concern that people don’t understand what their thoughts and feelings mean as they come back from deployment,” Dr. Adkins said. “As they re-integrate with their families there may be conflict in the family that’s not easily resolved.”

The mental health screening Web site and other related programs available to servicemembers and their families provide “a level of benefits and a level of service to help them understand what services are available to them for mental health issues,” Dr. Adkins said.

New recruits in critical jobs eligible for TSP match

WASHINGTON – Army officials announced Friday that new recruits who are willing to fill critical specialties may receive matching funds when enrolling in the Thrift Savings Plan.

The pilot program runs through Sept. 30, at which time the results of the recruitment incentive will then be studied to determine whether the program should become a permanent part of the Army’s recruiting policies.

The incentive is available to all non-prior service enlistees electing to serve five or more years on active duty in critical specialties. Critical specialties are based on the needs of the Army, are subject to change and will be designated by the secretary of the Army.

Matching funds will be made on the first 5 percent of pay contributed each pay period of the Soldier’s initial term. The first 3 percent of contributions will be matched dollar for dollar, the remaining 2 percent will be matched 50 cents on the dollar.

The Thrift Savings Plan is a government-sponsored savings and investment program. It provides Soldiers a vehicle to invest their salary while offering tax-deferred advantages similar to 401 (k) plans in the civilian sector.

“It’s never too late to start saving, but when you have time on your side, you have the ability to take that time and use it to your advantage. That’s where you truly reap the significant benefits of compounding interest,” said Giselle Goethe, education program manager for the Federal Retirement Thrift Investment Board.

Currently, Soldiers may contribute any percentage of their basic pay, incentives, special or bonus pay up to the Internal Revenue Service’s annual tax-deferred limit of \$15,000. Soldiers pay no taxes on the money until it is withdrawn.

A special feature of TSP is that money contributed while in a combat zone will never be taxed, even if it is withdrawn early. Additionally, the only taxes paid on combat zone contributions are on the earnings rather than the balance.

Soldiers who serve short terms may reinvest or transfer their TSP contributions and earnings to retirement programs offered by private-sector employers.

“What TSP is really about is taking care of Soldiers,” said John P. McLaurin III, deputy assistant secretary for the Army for Human Resources.

(Source: Army G1 Public Affairs Office)

Activates

Continued from Page 1

The concept for the battalions came about, in part, as a result of a 2004 investigation led by Maj. Gen. George Fay into the Abu Ghraib abuse of detainees.

“The Department of the Army, based on the Fay report and other weaknesses in how we conducted intelligence operations, recognized the need for dedicated interrogation battalions,” Saddler said.

“Prior to this, the command and control stopped at the company level. The Army needed the command and control a battalion structure can provide,” explained Lt. Col. John Strycula, battalion commander, who previously served as chief of G2 operations for U.S. Army Europe and 7th Army in Heidelberg, Germany.

Additionally, Soldiers were in smaller elements embedded in units throughout

the world instead of consolidated into “highly trained units.”

While the Army will retain oversight and provide the manpower in theater, the battalion can plug in other services and agencies as needed, Strycula said.

“We can bring on Air Force, Marines, Navy, whatever the mission calls for,” he said.

Strycula said he is looking forward to the challenge of commanding the first-of-its-kind battalion.

“I’m honored and excited about commanding this battalion,” Strycula said. “There’s a lot to do but this battalion will not fail.

“This battalion will succeed because of the competency, motivation and professionalism of the Soldiers you see standing before you,” he added. “They are that impressive and I am honored to serve with them.”

Along with the new battalion, plans for a new joint training center at nearby Camp Bullis are in the works.

“This interrogation center of excellence will feature a (major training) event that all interrogation units will rotate through to ensure they are battle ready on all interrogation and warrior tasks before they go to war,” Saddler said.

A timeline hasn’t been set, but Army leaders are taking the fast track on the initiative, Saddler said.

“They are committed to improving capabilities, and doing it quickly.”



Photo by Spc. Jason Merrell

Lt. Col. John Strycula thanks friends and family for their support during the 201st Military Intelligence Battalion activation ceremony April 12 at MacArthur Parade Field. Strycula is the new commander of the first interrogation battalion in the Army.

# Normal reactions to abnormal events

Story and photo by Cheryl Harrison  
Fort Sam Houston Public Information Office

Army Medical Department officers and Soldiers learned how to better manage stress in a combat environment March 26 through April 7 during the two-week Medical Command-sponsored “Management of Combat Stress Casualties” course at Camp Bullis.

“We want to educate the units to know we are here to come to and talk, and we want the Soldiers to recognize stress symptoms that decrease their effectiveness within their units,” said 1st Lt. Joseph Swanstrom, Army social worker.

“We want to get rid of the stigma of being a mental health patient. These Soldiers are experiencing normal reactions to abnormal situations they don’t usually see,” Swanstrom added.

The course was broken down into two phases including eight days of didactics learning about combat and operational stress reactions and new combat stress doctrine. Occupational therapy and social work officers and enlisted cadre from the Army Medical Department Center and School provided the training.

The second phase consisted of a four-day field training exercise where the students put the doctrine into action.

“We had them set up tents and hutments just as they would in a deployed environment, and they were exposed to mock combat stress-affected Soldiers to evaluate, treat

and return to duty as soon as possible,” said Capt. Robert Montz, course director.

Montz, stationed at Fort Benning, Ga., went on to describe that the combat stress doctrine calls for restoration, up to 72 hours, and reconditioning, 72 hours to two weeks, combat and operational stress treatment sections, both with a goal of returning Soldiers back to their units swiftly.

“Our goal is to ensure Soldier readiness. The Soldiers we see want to get back to their unit. They have high morale and esprit de corps. They have a fundamental need to get back to support their units and fellow Soldiers,” said 1st Lt. Kathleen McGriff, Army occupational therapist stationed at Fort Bragg, N.C., and team officer in charge.

“We talk with them on their own level, with the Soldier role being identified and utilized while the Soldier recovers from the stressful event. We stress that everything they feel is normal. Within 24 to 72 hours they are ready to be sent back to their units,” McGriff said.

In some situations Soldiers may need more time. After reassessment, if it appears they need more care, they are



1st Lt. Joseph Swanstran talks with 2nd Lt. Erik Johnson in a mock scenario during the Combat Stress Casualty Course April 6 held at Camp Bullis.

placed in the reconditioning category, which allows for 72 hours to two weeks of treatment.

Capt. Florie Gonzalez, occupational therapist, who was an observer controller during the field training exercise, described reconditioning as “a little more time for the Soldier to relax in a normal environment, and practice

See **NORMAL REACTIONS** on Page 6

# Day to remember Holocaust victims

Fort Sam Houston will commemorate the victims of the Holocaust through visual displays Tuesday at various locations throughout the installation. The exhibits depict the sad events surrounding the Holocaust, one of the most tragic periods in history.

The full name of the day commemorating the victims of the Holocaust is “Yom Hashoah Ve-Hagevurah”—literally the “Day of (remembrance of) the Holocaust and the heroism.” It is marked on the 27th day in the month of Nisan — a week after the seventh day of Passover, and a week before Yom Hazikaron (Memorial Day for Israel’s fallen soldiers).

While Yom Hashoah focuses our attention each year on the victims of the Holocaust, it also inherently provides an opportunity for us to reflect on contemporary forms of anti-Semitism and recommit ourselves

to fighting them. Upon this one day, we remember those who suffered, those who fought and those who died.

The Holocaust was the systematic, bureaucratic, state-sponsored persecution and murder of approximately 6 million Jews by the Nazi regime and its collaborators. Holocaust is a word of Greek origin meaning “sacrifice by fire.” The Nazis, who came to power in Germany in January 1933, believed that Germans were “racially superior” and that the Jews, deemed inferior, were “life unworthy of life.” During the era of the Holocaust, the Nazis also targeted other groups because of their perceived “racial inferiority,” such as the Roman gypsies, the handicapped, some of the Slavic people, Poles, Russians, and others. Other groups were persecuted on political and behavioral grounds, among them

communists, socialists, Jehovah’s Witnesses and homosexuals.

Those fortunate enough to survive are the sole witnesses to the horrors that took place behind the barbed wire fences surrounding Nazi compounds. Their stories remind us of the atrocities humans are capable of when led to believe those who are different from them are sub-human or otherwise undesirable.

Eleven million people were murdered. Many families were completely decimated. It is important to never forget the Holocaust to prevent such unfortunate events now and in the future.

For more information, visit <http://www.ushmm.org> or <http://www.holocaustsurvivors.org>.  
(Source: Equal Opportunity Office)

## Normal reactions

Continued from Page 5

Soldier skills to gain the confidence to return to their unit.”

Gonzalez said, “We set up combat and operational stress control forward, close to the units, and away from the hospitals, so the Soldiers don’t associate what they’re going through with being ‘ill.’”

“It does not mean a Soldier is sick; it simply implies they are going through a more severe time and need extra help,” said 2nd Lt. Lynsay Whelan, Walter Reed Army Medical Center occupational therapy intern.

“These Soldiers just need more time, but while recovering they are being taught skills they can use in the field.”

Another way to assist Soldiers from the same unit who have witnessed a disas-

ter or a particularly stressful event is called a defusing.

“They are seen as a team and recover as a team. By doing so, the unit can be strengthened and potential problems within the unit might be identified,” said 2nd Lt. Andrea Lohmann, Walter Reed Army Medical Center occupational therapy intern.

During one scenario-driven exercise, students were placed in a combat stress casualty detachment deployed to central Asia, as part of a fictitious peacekeeping exercise that escalates into a high intensity conflict. The combat stress detachment hit the ground and had to immediately set up restoration and reconditioning combat and operational stress control sections.

During the course, mock scenarios were used for training purposes. One

such scenario was between a commander and commander’s driver. The Soldier received a letter from his distraught wife, declaring she “could not take it anymore due to their autistic child’s behavior.” The Soldier became quite upset, and insisted he needed to return home. The Soldier became very anxious and was unable to eat or sleep. The combat and operational stress team recommended he remain in the restoration section while his unit contacted the Family Readiness Group and, in turn, contacted his wife. When the commander returned a few hours later to inform the Soldier that his wife was fine, and that the Family Readiness Group was helping her, he was able to calm down and rest. After 30 hours in restoration, the Soldier was ready to join the commander and return

to the unit. What this Soldier needed was what is known as the five Rs: reassurance - what he was feeling was normal; rest - respite from duty; replenish - bodily needs, food; restore - confidence; and return to duty.

“During war, anyone can experience a combat and operational stress reaction. The take-away message is that the AMEDD is training behavioral health providers in combat and operational stress control teams are deployed forward to help return Soldiers to their unit as fast as possible,” said Col. Robinette Amaker, project officer for the Management of Combat Stress Casualties Course.

(Col. Robinette Amaker, project officer for the Management of Combat Stress Casualties Course contributed to this article.)



National Volunteer Week

# Post volunteers define selfless service

Story and photo by Yolanda Hagberg  
Fort Sam Houston Public Information Office

When the alarm clock rings each morning, most people get up, shower and prepare to face the morning’s traffic challenges so they can make it to work on time. Most do this for the sole motivation of a paycheck at the end of a week, two weeks or a month.

However, for about 1,941 Fort Sam Houston volunteers, who also face similar challenges, the motivation is worth more than money can buy. Their motivation is to make a difference in someone’s life.

“Volunteers are the heart of Fort Sam Houston,” said Kim Taylor, Army Volunteer Corps coordinator, a volunteer herself for several years prior to taking the job. She said in 2005 volunteers contributed about 195,531 hours of support throughout the post. This equates to about 3.3 million dollars, according to United Way’s hourly wage calculations of \$17.19 per hour.

“Many of the programs on post exist and succeed because of the support provided by caring volunteers,” said Taylor.

Through the Army Volunteer Corps program at Fort Sam Houston, volunteers are recruited and registered and based on interests and talents, then assigned to one of 28 organizations on post. The Soldier and Family Assistance Center is one of the many organizations which relies on volunteer support.

“The SFAC would not exist without its volunteer program. With only two paid staff members, the SFAC is totally dependent on the loving and caring volunteers who are the backbone of the program. Countless

Soldiers, Marines, Sailors and their families have expressed their gratitude for the difference the volunteers have made in their quality of life while at Brooke Army Medical Center for care and recovery,” said Judith Markelz, program manager of the SFAC.

Another program that relies on volunteers is the Fort Sam Houston Mentor Program.

“We desperately need more mentors to meet our goal of 400 mentors each year to help students in 13 schools,” said Brian Merry, mentor program coordinator. The Fort Sam Houston community program reaches out to the Fort Sam Houston and the San Antonio Independent School Districts that include 11 elementary, two middle schools and four high schools.

The Army Volunteer Corps program also benefits the volunteers by providing them an avenue for community involvement as well as an opportunity to make a difference in an organization and in other people’s lives.

“I enjoy volunteering and it keeps me going,” said Charles Shelby, who volunteers for Army Community Service three mornings per week. He has logged about 12,000 hours of volunteer service. This does not include the time and resources he puts into the presentation of special stamps to guest speakers at ethnic programs sponsored by the Equal Employment Office throughout the year.

“Volunteers become part of a network from which they provide as well as receive support while developing friendships, skills, experiences and references,” said Taylor.

Volunteer time and experience are documented and may be used on resumes and job applications.

For Tammy Sees, a volunteer with the Cole Cougar Pride Club and Boy Scout Troop 23, volunteering is simply a joy and child’s play.

“I’m always encouraging others to ‘Come play with me!’ when I am volunteering. I genuinely love working with the kids, parents and staff on Fort Sam Houston and I want everyone to share in my joy. I have a ball; the love I give out always comes back to me and I know what I do is important.”

“I think the volunteers get the most out of this because it gives us a sense of belonging and involvement,” said Shelby. The 80-year-old retiree started volunteering because he was bored. He has been a volunteer at Fort Sam Houston for 18 years.

National Volunteer Week is April 23 to 29. Since 1974, every U.S. president has signed a proclamation promoting National Volunteer Week. Sponsored by the Points

of Light Foundation, National Volunteer Week is about thanking one of America’s most valuable assets – our volunteers – and calling the public’s attention to all that they do to improve our communities.

Volunteers are always needed on post in a variety of areas and training is provided for all positions. For a list of organizations or to volunteer, call Kim Taylor at 221-2705.



Kim Taylor, Fort Sam Houston Army Volunteer Corps coordinator, and Charles Shelby, a volunteer for Army Community Service for more than 18 years, review appointments for the day at the reception desk of the Roadrunner Community Center.

# Keep pets cool, safe from summer heat

By **Pvt. Charlotte Palma**  
Fort Sam Houston Veterinary Treatment Facility

The Fort Sam Houston Veterinary Clinic wants to remind people to take precautions with their pets during the hot summer months. The following suggestions could save a pet’s life:  
**Never leave pets inside cars**

A car can become a death trap even on a mild, sunny day as temperatures can quickly pass the 120-degree mark in the car. Many animals have lost their lives due to owners leaving them in a car. It only takes a few minutes for pets to overheat. Cats and dogs don’t sweat; their lungs are their main cooling system so with nothing but hot air to breathe, they can’t

live very long. Should a pet survive the heat its health could still be damaged. Cracking the windows is not enough.

**Provide shade and water**

Although it is ideal to bring pets indoors if the temperature is above 90 degrees and humidity is high, proper shade and plenty of fresh, cool water must be available at all times for your pet. Remember to place the water bowl in the shade so the water does not become hot. Even in the shade, temperatures can still reach the high 90s so, if possible, let the pets into your home for occasional heat relief. Hot days are particularly difficult on older, sick or overweight animals.

**Exercising carefully with pets**

It is best to avoid excessive

exercise with pets on hot days, but if you do take a walk or jog with pets make sure to give them plenty of water at least 30 minutes before exercising.

**Heatstroke signs, prevention**

The signs of heatstroke are weakness, rapid pulse, panting, bright red mucous membranes, anxious expression and collapse, which leads to shock. If an animal becomes overcome by heat exhaustion, give immediate first aid by cooling with cold water and ice or by applying towels soaked in cool water to the hairiest areas of the body. Often the pet will respond after a few minutes of cooling, only to collapse again. It is crucial to get the pet to a veterinarian as soon as possible where further treatment can



Photo by Olivia Mendoza

When pets are outside, remember to place the water bowl in the shade so the water stays cool.

be applied. Even with treatment, heatstroke can be fatal, so the best cure is prevention.

With a few precautions, both

pets and owners can enjoy the long, hot days of summer. For more information, call the veterinary clinic at 295-4260.



## New Housing Services Office vital to housing referral experience

Military Family Housing office has a new Housing Services Office that has replaced the Community Home-Finding Relocation Referral Services office. Due to the recent privatization of family housing on Fort Sam Houston, it was necessary to take a look at the CHRRS and the result is the new Housing Services Office.

Headquarters Department of the Army established a CHRRS taskforce to improve the services provided to customers and their families when searching for housing in the local community. The taskforce conducted customer focus groups to determine customer preferences, current and future methods of obtaining off-post housing information and special needs to assist customers in finding adequate housing. Since finding, securing and establishing adequate living arrangements is considered the most stressful aspect of the relocation experience, the HSO was created to help alleviate the majority of this stress.

Essentially, HSO provides a vital housing referral experience to its customers. Their mission is to supply professional knowledge, guidance and support in all aspects of the customer's housing needs and find and maintain quality up-to-date information on various housing alternatives for customers.

The office also handles mediation of rental disputes; counsels customers on Basic Allowance for Housing and housing affordability; delivers education and information on available and

adequate housing in the local area; and furnishes housing guidance related to their next duty station or relocation areas of their choice.

The HSO at Fort Sam Houston offers some unique and state-of-the-art tools to assist customers in their quest for community housing. The HSO has an information center that provides pamphlets, maps and information on rental or sales and temporary corporate and executive housing in San Antonio and the surrounding area.

HSO also provides rental agreement negotiation and review and helps military personnel sign up for the Deposit Waiver Program. The HSO provides information pertaining to the new Automated Housing Referral Network program or AHRN. This online program provides customers accessibility to a plethora of local area housing rentals. For customers interested in buying a home, HSO offers MovingStation, an additional online assistance program, and can only provide general information and referral assistance.

The Fort Sam Houston, HSO is the active duty Soldier's, retiree's and qualified DoD civilian's first and last stop for housing referral needs. The office is located in Building 367, Stanley Road and is open Monday through Friday from 7:15 a.m. to 4 p.m. For more information, call Gisela Wallace or Miriam Johnson at 295-8519.

(Source: Residential Communities Initiative)

## Commander thanks post, clean-up success

By Col. Wendy Martinson  
U.S. Army Garrison Commander

Last week the entire post mobilized to execute the Fort Sam Houston "clean-sweep." Your superb effort shows we care about our post.

Everyday I observed Soldiers and their leaders joining with our civilian employees working hard, raking and bagging leaves, trimming shrubs, planting ornamental flowers and sweeping debris off the streets.

I want to thank the commanders and members of every unit on post and our residents for so wholeheartedly supporting this initiative. As we prepare to welcome thousands of guests from the San Antonio community to our annual Fiesta event Sunday, we certainly can be proud of our Army community.

A special thanks to Lincoln Military Housing for their donation of grass seed and flowers to residents.



Photo by Olivia Mendoza

Master Sgts. Michael Brock (left) and Melissa Barrett rake leaves April 11 as part of Fort Sam Houston's Spring Clean Up, a weeklong cleaning effort that ended Friday.



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One Patient  
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# Fitness center offers many options

Thw Jimmy Brought Fitness Center has a variety of classes and programs to include:

**Cardiovascular fitness program** - Biking, walking and Stairmaster self-paced, cardiovascular program with free T-shirts for miles and hours completed.

**Bench press program** - Receive a free T-shirt for benching the following weights: Men: 250 lbs., 300 lbs., 400 lbs. women: 115 lbs., 135 lbs.

**Equipment orientation** - Designed to help improve fitness level by providing fitness instruction and a personalized exercise routine. This is highly recommended to familiarize patrons with the facility.

**Run/Walk for Your Life program** - Get in shape and stay in shape with this self-paced, progressive distance running program. Broken into three phases, the Run/Walk for your Life Program is designed to improve the physical fitness and general health of all participants.

**Body composition testing** - Refers to the relative proportions of body weight in terms of lean body mass and body fat. Lean body mass represents the weight of muscle, bone, internal organs and connective tissue. It is essential to maintain some body fat, but an excess level poses a serious health risk. High levels of body fat are associated with high blood pressure, increased levels of blood fats and cholesterol, heart disease, stroke, diabetes and certain cancers.

**5K Fun Run/Walk** - May 6 at 9 a.m. in front of the Jimmy Brought Fitness Center, Building 320.

**Aerobathon** - Two hours of non-stop aerobics, May 20 from 9 a.m. to 12 p.m.

**Free cycling classes** - Tuesdays and Thursdays from 12 to 12:45 p.m. and



Photo by Kathrine Maple

Second Lt. Debra Thorn works out at the Jimmy Brought Fitness Center. The gym offers a variety of free classes and an equipment orientation so patrons can be comfortable with different fitness alternatives at the gym.

Wednesdays from 4:45 to 5:15 p.m.

**Free aerobics classes** - Step aerobics Mondays and Wednesdays from 6 to 6:45 a.m., free salsa and merengue Thursdays from 6:30 to 7:30 p.m.

For more information, call Lucian Kimble or Will Lloyd at 221-2020 or 221-1234 or visit the fitness center at Building 320 on Wilson Road.

## Sports Briefs . . .

### Intramural soccer champions

Baylor beat Brooke Army Medical Center at the post’s Intramural Soccer League championships held April 10 to 12. Baylor came out of the losers’ bracket to claim the championship in a shoot out. On the first day of the tournament, BAMC beat Baylor putting them in the losers’ bracket. Having to play their fifth game in three days, Baylor fought back to challenge BAMC for the championship. In the end, Baylor turned the tables on BAMC, beating them in a shoot out three to one to claim the 2006 Intramural Soccer Post Championship.

### Tee It Up ‘Fore’ the Troops

The “Tee it Up ‘Fore’ the Troops” golf tournament, sponsored by Operation Comfort, will be held May 22 at the Fair Oakes Country Club in Boerne, Texas. Registration begins at 11 a.m. with a 1 p.m. shotgun start. Format is a four person scramble. Prizes will be awarded for closest to the pin, longest drive, longest putt, putting and raffle. Sponsor levels range from \$150 to \$2,500, and all of the proceeds will directly benefit wounded Soldiers at Brooke Army Medical

Center. Early registration is due May 11. On-site registration and space is available at the door for \$175. For more information, call Jim Riley at 916-2722 or 845-3985. Mail registration forms to Operation Comfort, Janis Roznowski, 6304 Lakeshore Drive, Lago Vista, TX 78645 or register online at [www.operationcomfort.org](http://www.operationcomfort.org)

### Intramural Softball Standings

April 13	Win	Loss
264th Bn	3	0
NMCRC	2	1
USARSO	1	1
BAMC	1	1
Band	0	1
5th Army	0	2
Fire Department	0	2
232nd Med Bn	0	1 Dropped
DENTAC	0	1 Dropped
April 10		
USARSO	7	232nd Med Bn 0 forfeit
264th Med	20	BAMC 9
BAMC	7	DENTAC 0 forfeit
NMCRC	14	5th Army 4
5th Army	10	Fire Dept 5
USARSO	22	Fire Dept 5
April 12		
264th Med Bn	14	5th Army 7
264th Med Bn	18	USARSO 3
BAMC	11	NMCRC 7
NMCRC	22	Band 17



# National Medical Laboratory Professionals Week April 23 to 29

Story and Photos by Cheryl Harrison  
Fort Sam Houston Public Information Office

National Medical Laboratory Professionals Week is a time of recognition for the medical laboratory professionals and board-certified pathologists who play a vital role in every aspect of health care.

NMLPW is a chance for medical laboratory personnel to celebrate their professionalism and be recognized for their efforts. Often, they use this time to inform and educate medical colleagues and the public about the medical laboratory. Since laboratorians often work behind the scenes, few people know much about the critical testing they perform every day.

The Army Medical Department Center and School has a group of future laboratory personnel. During the first part of the Medical Laboratory Technician course, Soldiers have two months of chemistry, two months of blood bank hematology and two months of microbiology and paratology. In the first part of the course, a class on Tuesday, the Soldiers performed glucose oxides tests or glucose readings. This is a test to diagnose diabetes in patients.



Cpl. Rian Williams waits for an instructor to check his readings before completing the assigned lab work.

## Army Community Service

### Family Advocacy Program – April Class Schedule

Class	Dates	Time
Boys Only! Ages 9 to 11	Monday	4 to 5 p.m.
B.E.A.M.S. (series one of six)	Monday	11 a.m. to 12:30 p.m.
Commander's Training	27	8 to 9:30 a.m.
Getting Ready for Childbirth	today	9 a.m. to 12 p.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	Tuesday	9 to 11 a.m.
SOLVE	Monday	2 to 3:30 p.m.
S.T.E.P. Program for Parents of School-Age Children	today and 27	1 to 2:30 p.m.
S.T.E.P. Program for Parents of Teens	Tuesday	11 a.m. to 12:30 p.m.
Truth or Consequences?	Tuesday	4:30 to 6 p.m.

Class space is limited. To register or for more information, call ACS Family Advocacy Program at 221-2418.



Pvt. Steven Voyles and Spc. Paula Stubbs test a number of blood samples, taking glucose readings for possible diabetes.

## Brooke Army Medical Center

### Health Promotions April Class Schedule

Class	Dates	Time	Place
* Asthma Management	Tuesday	2 to 3:30 p.m.	BAMC, Health Promotion Center lower level, Room L31-9V
Breast-feeding Class	Fridays	1 to 2:30 p.m.	BAMC, OB/GYN fifth floor conference room
Cholesterol Management	25	10 to 11:30 p.m.	BAMC Health Promotion Center (This class is by consult only)
* Tobacco Use Cessation C	today	3 to 4:30 p.m.	BAMC, fourth floor conference room, Room 413-11
Yoga	Wednesday and 26	12 to 1 p.m.	BAMC, fifth floor, Room 531-14

\* To schedule these classes, call 916-9900 and choose option number 4. For more information, call 916-3352.

# Elementary school news

## Fort Sam Houston Elementary students' artwork exhibited

By Dr. Kathy Maxwell  
Fort Sam Houston Elementary School

Four students from Fort Sam Houston Elementary have been honored by the Students Help Art Reach Everyone organization. The art pieces, created by sixth graders Francesca Mercado, Donovan Thomas and Savannah Wessies and fifth grader Lauren Viernes, were chosen as part of this year's permanent exhibit at the Mission Road Ministries' Southside campus.

Since 1987, SHARE, a nonprofit organization, has asked students to create and share their art so that the San Antonio community can benefit from experiencing and appreciating student creativity. Student art is selected and placed on exhibit for a year.

In March, Andrea Garcia, elementary art teacher, selected 18 art pieces for display at the Southwest School of Arts and Crafts. The SSAC exhibit showcased hundreds of student pieces from all over Bexar County. During the SSAC exhibition, a jury of four community members selected 100 pieces to be



Courtesy photo  
Fort Sam Houston Elementary students (from left) Lauren Viernes, Donovan Thomas, Savannah Wessies and Francesca Mercado pose after being informed their art pieces were selected by Students Help Art Reach Everyone organization for permanent display at the Mission Road Ministries' Southside Campus.

framed for a permanent display at Mission Road Ministries' Southside Campus.

The students will be honored May 18 at a reception at the Magik Children's Theatre.

## FSHISD gears up for TAKS test

By Dr. Kathy Maxwell  
Fort Sam Houston Elementary School

This week, Fort Sam Houston Independent School District, like all school districts across the state of Texas, are administering the state-required assessments, the Texas Assessment of Knowledge and Skills and the State Developed Alternative Assessment II. Throughout the year, FSHISD teachers have provided students rigorous and relevant instruction based on the statewide curriculum, the Texas Essential Knowledge and Skills.

To support students and alleviate some stress that might occur before assessments, both Fort Sam Houston Elementary and Robert G. Cole Jr./Sr. High School provided a variety of light-hearted activities. The hard work and dedication of students and teachers throughout the school year were balanced with celebration.

Fort Sam Houston Elementary School celebrated the week before testing with "Slam Dunk the TAKS Week." Teachers and students were seen wearing T-shirts with caricatures of the Spurs "Slam-dunking the TAKS." Each day of the week prior to the "big event," students, teachers and administrators dressed with a



Courtesy photo  
Fort Sam Houston Elementary students, with members of the Cole winning basketball team, cheer to "Slam Dunk the TAKS" during last week's pep rally. Assessments will be administered this week in grades three through 11.

common theme: Hawaiian Day, 50s Day, Twin Day and Sports Jersey Day.

The week culminated with a TAKS Pep Rally featuring the TAKS Teacher Cheerleaders and Eloc, the Robert G. Cole mascot. The week closed with the TAKS Math Olympics for fourth grade.

Cole Jr./Sr. High School provided students with a daily breakfast and energy snacks, TAKS Tuesdays, TAKS Survivor Math Camps and a Final Four Reading Camp. Staff members dressed in different themes daily: Hawaiian garb, Dress for Success, Spirit Day and Fiesta.

Parents were requested to ensure that students get a good nights sleep daily, a balanced breakfast and comfortable clothing on the days of testing.

### Volunteers needed for super quiz

Volunteers are needed to work the United States Academic Decathlon National Championship Meet super quiz event April 28 from 10 a.m. to 5 p.m. at Laurie Auditorium, Trinity University campus.

Positions available are proctor super quiz, crowd control and team line-up. Training and lunch will be provided. For more information, call Gail Siller at 368-8701 or e-mail gsiller@fshisd.net.

### ISD Board of Trustees Meeting

The Fort Sam Houston Independent School District Board of Trustees will hold a regular meeting today at 11 a.m. at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road.



### Emergency numbers

Dial 911 when calling from a Fort Sam Houston or Camp Bullis telephone number prefix.

Dial 554-4713 when calling from a cell phone or from anywhere on Fort Sam Houston other than the post telephone number prefixes.

On Camp Bullis, dial 295-7517 from a cell phone or non-Camp Bullis prefix.

The fire prevention office has phone stickers for these numbers. Stop by Building 4196, Room A37 or call 221-5452.



## FSH Independent School District

Weekly Calender – Monday through April 29

### Fort Sam Houston Elementary School

**Monday**

Old Guard, Fife and Drum at Cole High School, 9 a.m. (students go by bus)

**Wednesday**

Progress reports go home

Early dismissal - kindergarten thru fourth grades, 2 p.m.

Early dismissal - fifth and sixth grades, 2:45 p.m.

**April 27**

Fourth grade field trip to Institute of Texan Culture

Parent Teacher Organization board meeting, 10 a.m.

King Antonio visits elementary, 10:35 a.m.

**April 28**

School holiday, Battle of Flowers Parade

### Robert G. Cole Jr./Sr. High School

**Monday**

Student of the Month photos in mall area, 9:50 a.m.

FSHISD, Fiesta Extravaganza at Cole stadium, 9 to 10:30 a.m.

**Tuesday**

Cole baseball vs. Blanco, Texas, 4 p.m.

**April 26**

Regional tennis, TBA

Boy Scout meeting in Cole cafeteria, 5:30 to 8 p.m.

**April 27**

Regional tennis, TBA

Cole talent show in Moseley gym, 7 p.m.

Fiesta band festival at Alamo Stadium, TBA

**April 28**

School holiday, Battle of Flowers Parade

Cole band performing in the Battle of Flowers parade downtown, TBA

Cole baseball vs. Comfort, Texas, 4 p.m.

# Law Day celebrates America’s democratic tradition

## Office of the Staff Judge Advocate to sponsor school events

Law Day is a national event, held May 1 every year, designed to remind Americans of their heritage of liberty under law and alert them to the role they play as citizens in protecting and preserving freedom.

Law Day 2006 will celebrate “Liberty under Law: Separate Branches and Balanced Powers.” It is important for all Americans to understand what the Founding Fathers intended and accomplished in creating a government of separate powers.

The Founders were very concerned that the government they established did not have all of its powers concentrated in the hands of a few officials. They agreed with Charles de Secondat, baron de Montesquieu, that if “the right of making and of enforcing the laws is vested in one and the same man, or the same body of men ... there can be no liberty.”

The Founders also made sure the powers granted to one branch would be balanced by powers granted to others. Congress’ power to legislate, for example, is balanced by the executive’s power to veto legislation and by the judiciary’s power to declare legislation unconstitutional. This system of checks and balances ensures that each branch serves as a constraint on, and is constrained by, the powers of the other branches.

To celebrate Law Day and America’s democratic tradition, the Office of the Staff Judge Advocate will host the following events:

**Fairy Tale Mock Trial** —The judge advocate general officers of the OSJA will perform a mock trial skit May 1 at the Fort Sam Houston Elementary School featuring the “Big Bad Wolf” vs. the “Three Little Pigs.” In the mock trial, the Big Bad Wolf will sue the pigs for attempted “wolf cooking.” Attorneys will be on hand after the mock trial to discuss the case with the students

and answer their questions regarding the practice of law.

**Poster contest for fifth graders** — Fifth grade students at Fort Sam Houston Elementary School will compete in a poster contest throughout the month of April. The topic of the poster contest, “Civic duty and the meaning of citizenship,” will allow students the opportunity to express their creativity. All participating posters will be displayed at the Commissary, and the winning posters will be announced at the conclusion of the Fairy Tale Mock Trial May 1.

**Essay contest** — Seventh and eighth graders from the junior high school will compete in an essay contest during the month of April. The topic of the essay contest is “Liberty under Law: Separate Branches and Balance of Powers.”

**Mock trial for seniors** — Cole High School seniors will participate in a mock trial, People vs. Stover, May 3. This timely play will explore issues concerning use of force, free expression and hate crimes. Students will play the roles of prosecutors, defense attorneys, witnesses, bailiffs and jury members. JAGs will be on hand to prepare and assist the students during the mock trial as well as answer their questions about the judiciary system following the event.

**3 on 3 basketball tournament and barbecue** — OSJA will host a 3 on 3 basketball tournament at the outdoor courts at 2091 Wilson Way, near the Benner Barracks, May 5 at 12 p.m. People with a JAG office or other local legal offices are invited to attend.

For more information, call Capt. Marlin Paschal at 295-9224 or e-mail marlin.paschal@us.army.mil.

(Source: OSJA)

Post Pulse:

Do you know how to report suspected or alleged sexual assault?



*"I would contact the Family Advocacy Program on post or go the emergency room at Brooke Army Medical Center."*  
**Sgt. Michael Metty**



*"I would contact the sexual assault response coordinator here on post. I'm also aware of my reporting options."*  
**Pvt. Leticia Castanda**



*"I would report allegations at the emergency room."*  
**Spc. Charles Jordan**



*"I would go through my chain of command."*  
**Pvt. Annamarie Sandkulla**

The correct answer is to call any of the numbers listed below.

Avenues of help

Sexual assault response coordinator	221-0918
Installation Sexual Assault 24-hour Helpline	722-4920
Brooke Army Medical Center Emergency Room	916-0808
BAMC Behavioral Health Services (counseling)	916-5104
Community Behavioral Health (counseling)	295-4094
Rape Crisis Center	349-7273
Department of Social Work	916-3020
Criminal Investigation Division	221-1763
Victim witness liaison	221-1488
Fort Sam Houston Police	221-2222 or 911
Duty chaplain	391-7243
Military OneSource	(800) 342-9647

Sexual assault statistics

- Every two and a half minutes, somewhere in America someone is sexually assaulted.
  - One in six American women has been the victim of an attempted or completed rape.
  - From 2003 to 2004, there were an average annual 204,370 victims of sexual assault.
  - About 44 percent of rape victims are under age 18 and 80 percent are under age 30.
  - Since 1993, rape and assault has fallen by more than 64 percent.
  - Women are more likely to be victims of sexual violence than men: 78 percent of the victims of assault are women and 22 percent are men.
  - Sexual violence starts early in life. More than half of all rapes of women occur before age 18, 22 percent before age 12. For men, 75 percent of all rapes occur before age 18.
- (Source: Centers for Disease Control and Prevention)

Commander's Proclamation

Eliminate sexual assault, keep Soldiers safe

By Maj. Gen. George Weightman  
Installation commander

The Department of the Army is observing National Sexual Assault Awareness Month in April. Army leadership has repeatedly stated that sexual assault has no place in the Army. It is contrary to Army values, degrades mission readiness and is a crime. The Army will reinforce these points and the importance of its Sexual Assault Prevention and Response Program.

Leaders at all levels are encouraged to use Sexual Assault Awareness Month as an opportunity to talk openly to their Soldiers about this issue. Commanders can refer to the recently revised Army Command Policy, Army Regulation 600-20, Chapter 8, which details the Army's policy on Sexual Assault Prevention and Response.

The Army regulation also provides guidance to commanders on creating a climate that eliminates sexual assault and encourages the reporting of incidents. It takes courage for a victim of sexual assault to come forth. Therefore, it is imperative to create a safe environment that encourages the reporting of incidents, and send a "no tolerance" message.

It is recommended that commanders consult their installation sexual assault response coordinator, Ingrid Bethel-Constable at 221-0918, for Sexual Assault Awareness Month activities. Also, visit the Web site, <http://www.sexual.Army.mil>, for more information. It also contains a variety of education material for your unit victim advocate to promote sexual assault awareness.

The Army continues to be a values-based organization where Soldiers treat each other with dignity and respect. Eliminating sexual assault is essential in order to keep Soldiers safe and maintain a high level of unit readiness. Active leadership involvement in commemorating National Sexual Assault Awareness Month can help the Army move even closer to eliminating sexual assault in our ranks. Therefore, I call upon everyone in the Fort Sam Houston community to take a stand against sexual assault violence and let the mission of prevention begin with you!



# Sexual Assault Awareness Month

## Military fights back against sexual assault

By Elaine Wilson  
Fort Sam Houston Public Information Office

For many Soldiers, their stay at Fort Sam Houston is their first away from home, not unlike freshmen at college. However, take a college-age party mentality, combine it with alcohol, add on a four-day pass, and the result can be big trouble. “The majority of sexual assault cases are tied into drinking,” said Ingrid Bethel-Constable, post sexual assault response coordinator. “(Advanced individual training) Soldiers go off the installation and have a hotel party with mainly underage drinking, and in the following days, we’re hearing about an assault. That’s the majority of cases we see here.”

A sexual assault is “any intentional sexual contact characterized by use of force, physical threat or abuse of authority or when the victim does not or cannot consent,” according to a Sexual Assault Prevention and Response Program fact sheet. It includes rape; nonconsensual sodomy, which is oral or anal sex; indecent assault, such as unwanted sexual contact or fondling; or even just the attempt to commit these acts.

“Sexual assault crosses gender, age and spousal boundaries,” Bethel-Constable said.

Women are the primary targets of assault; however, 22 percent of victims are men, according to the Centers for Disease Control and Prevention.

The majority of sexual assaults are committed by acquaintances, but assailants can also be strangers or multiple people.

Whether by a stranger on a dimly lit street or a “battle buddy” at a Riverwalk hotel, “Sexual assault is a criminal offense that has no place in the Army,” Bethel-Constable said.

Military leaders have taken a strong stance against assaults in the past few years, particularly in light of academy accusations and reports from in theater. They created the Sexual Assault Prevention and Response Program in 2003 based on findings from a military-wide assault investigation.

“Prior to this program, there were no set procedures for victims to follow,” said Bethel-Constable. “Filing a police report with the military police was their only option.”

The DoD program uses education, prevention, victim advocacy and prompt investigations to battle sexual assault. The

program covers active duty and activated Guard and Reserve Soldiers.

DoD officials put a new twist on the program in 2004 by placing SARC’s like Bethel-Constable and victim advocates at every installation. The SARC oversees the local prevention program and victim advocates are volunteers sent to walk a victim through the aftermath of an assault, said Angela Swain, installation victim advocate.

The other change was a revamping of the reporting system giving victims two options – restricted and unrestricted reporting.

Restricted reporting allows a sexual assault victim to confidentially disclose the details of an assault to certain people and receive medical treatment and counseling without triggering an official investigation, Bethel-Constable said.

To remain restricted, victims can only report the assault to a SARC, victim advocate, chaplain or a health care provider. For the incident to stay under this option, victims cannot notify law enforcement or their command.

“Some victims may not want their command or co-workers to know what happened,” Bethel-Constable said. “Restricted reporting allows the Soldier to come forward, get examined and begin dealing with the emotional trauma that stems from an assault through confidential therapy or counseling.”

The restricted option also gives the victim another benefit – time.

“The Department of Defense gives victims a year to change their mind and switch to the unrestricted option. Unfortunately, during that year, the offender goes free,” Bethel-Constable said.

For unrestricted reporting, victims use their chain of command, law enforcement or can go directly to the SARC. Although more people are involved, the incident’s details are still limited to the people who have a legitimate need to know.

Overall, the unrestricted option is preferred by SARC’s and DoD, Bethel-Constable said.

“This option is recommended for victims of sexual assault who desire medical treatment, counseling and an official investigation of the crime,” she said.

With the new program in place, the number of reported sexual assaults in the military jumped by more than a thousand in a year — from 1,700 incidents in fiscal 2004 to 2,374 in fiscal 2005, according to DoD statistics. Although the numbers may seem alarming, military leaders attribute the increase to the new reporting program rather than to a rise in the number of assaults.

“The victims who were afraid of the reactions of co-workers and leaders are coming forward under the restricted option,” Bethel-Constable said.

The increase in incidents is also due in part to false allegations, a path made easier to take with the restricted reporting

option since law enforcement and command are not in the loop. Bethel-Constable said some Soldiers looking to avoid other charges sometimes turn to false accusations of sexual assault.

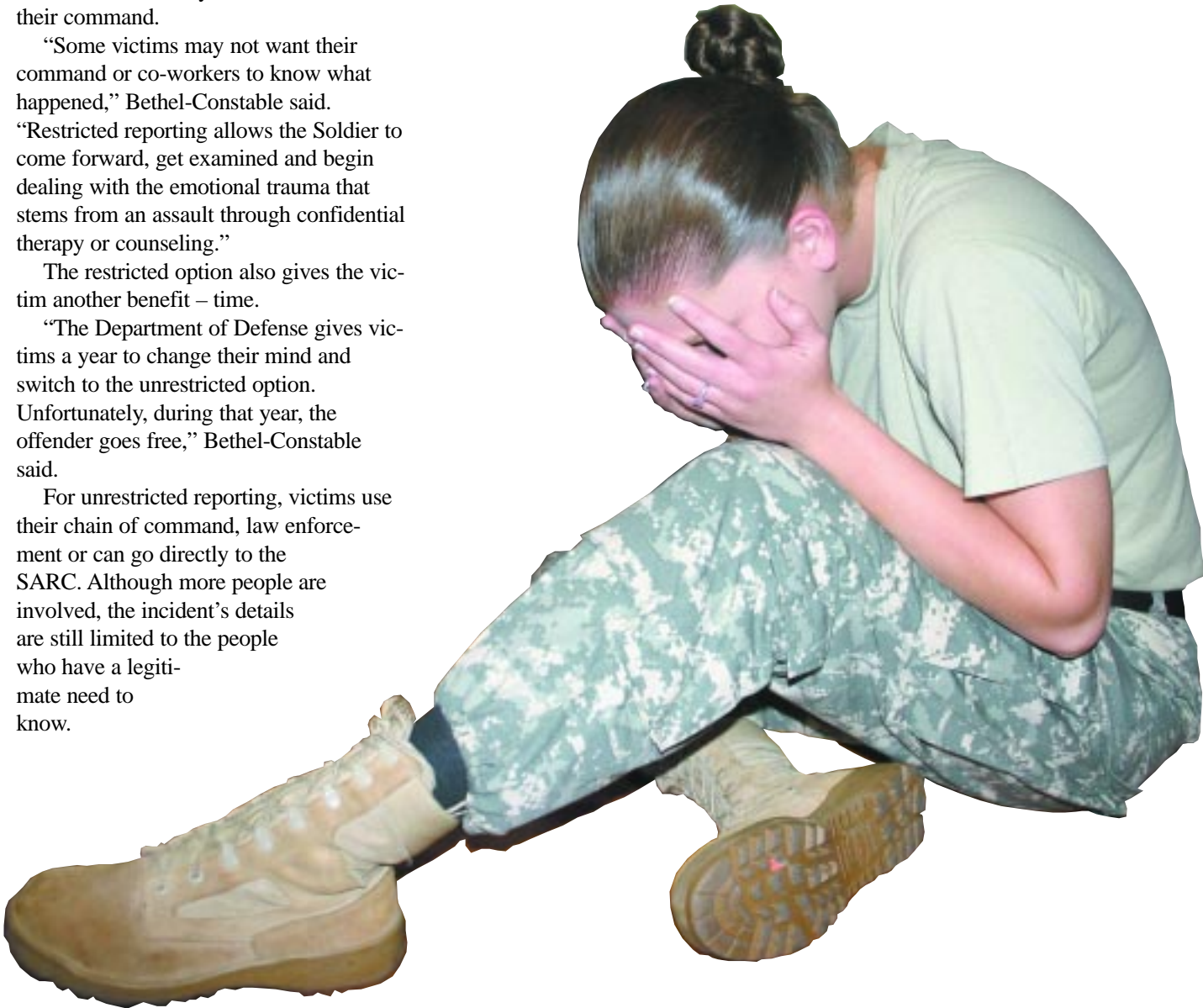
“Unfortunately, we do get these cases,” Bethel-Constable said. Most of the time, a Soldier is trying to prevent an underage drinking charge by claiming assault. However, whether or not there was an assault, the command will not overlook underage drinking.”

And, if proven false, the offense is punishable under the Uniform Code of Military Justice.

Overall, Bethel-Constable said the new sexual assault program has been a resounding success.

“It’s a positive thing that more people are coming forward to report,” she said. “However, even one assault is one too many.”

For more information, call Bethel-Constable at 221-0918 or visit <http://www.sexualassault.army.mil>.



## Sexual assault prevention tips

One in six American women has been the victim of an attempted or completed rape, according to the Centers for Disease Control and Prevention. The following tips can help women, and men, from becoming the next victim:

- Travel with a buddy
- Stay in groups; there is safety in numbers
- Plan outings and avoid getting into a bad situation
- Stay sober. Studies indicate about half of all U.S. sexual assaults involve the use of alcohol by the offender, the victim or both
- Never leave a drink unattended; educate yourself about “date rape” drugs
- Walk only in lighted areas after dark
- Keep the doors to homes, barracks and cars locked

- Know where a phone is located
- If assaulted**
- Seek medical attention. Do not douche, take a bath, shower, change clothing, eat or drink, or smoke before going to the hospital. Doing so can destroy evidence.
  - Get somewhere safe.
  - Report the rape to someone – sexual assault response coordinator, police, chaplain, medical personnel or your command. You don’t have to press charges.
  - Seek counseling. Even if you don’t report the rape or press charges, call the Department of Social Work Services at 916-3020 or the Rape Crisis Center at (210) 521-7273 for counseling assistance. The service is free and confidential.

**Calling all unit commanders**

Briefings are available for new family readiness groups and key personnel. The next FRG leadership training and workshop will be held Friday from 8 a.m. to 4 p.m. at Army Community Service, Building 2727 on Stanley Road. To schedule a briefing or to reserve a space in FRG leadership training, call Jutta Aviles at 221-0946.



Photo by Elaine Wilson

# Green thumb



Photo by Master Sgt. Donald Casey

Master Sgt. Donald Casey, Army Reserve liaison, pulls weeds out of a brick planter in front of the Student Personnel Center on Garden Avenue. Casey, a reservist from Nebraska, transformed a barren planter into a lush garden with cactuses and a variety of colorful flowers using his own money and off-duty time. “I wanted something nice for the Soldiers in training to walk past. Hopefully, others will get in the spring spirit.”

**Water saving tips**

- Only water lawns when needed. To determine if lawn needs watering, simply walk across the lawn. If footprints are left, it is time to water.
- When shopping for a new appliance, consider one offering cycle and load size adjustments. They are more water and energy-efficient than older appliances.
- Time showers and keep it under five minutes. 1,000 gallons of water can be saved a month.
- Install low-volume toilets.
- Adjust lawn mowers to a higher setting. Longer grass shades root systems and holds soil moisture better than a closely clipped lawn.

(Source: Fort Sam Houston Environmental Office)



Religious Happenings . . .

11:01 worship service events

Services are held at the Installation Chaplain’s Office connected to Child and Youth Services, Building 2530 on Funston Road to the left of Burger King. For more information, e-mail Chaplain (Maj.) Yvonne Hudson at Yvonne.hudson@samhouston.army.mil.

- Upcoming 11:01 worship service events include:
- April 30:** Worship followed by barbecue at Salado Park
- May 7:** Communion Sunday
- May 13:** Ladies retreat
- May 14:** Children’s Godly play worship service
- June 3 to 4:** Men’s retreat at MO ranch

Intergenerational retreat

The installation chaplain office will hold an intergenerational retreat May 5 through 7. The retreat is open to all active duty permanent party and dependents, retirees and Department of Defense civilians and families. The theme is “Building the Body of Christ: Rising up above the stress of our lives” and will be held at the HEB Ranch near Leakey, Texas. A donation of \$25 for reservations for one or more is suggested and includes meals, barracks-style cabins and the retreat. Only 65 slots are available. For more information, call Brian Merry at 221-5005.

Officers’ Christian Fellowship

The Officers’ Christian Fellowship meets on the first and third Sunday of every month at 1008 Gorgas Circle, near the old Brooke Army Medical Center building. Study is from 4:30 to 7 p.m. and includes a home-cooked meal. Participants are studying “The Minor Prophets.” For more information, call Lt. Col. Robert Griffith at 226-1295 or 221-8857 or e-mail rgriffith3@satx.rr.com or robert.griffith1@amedd.army.mil.

Chapel youth group

The Fort Sam Houston chapel youth group meets Sundays from 5 to 7 p.m. at the Main Post Chapel. The group is open to seventh through 12th graders and is sponsored by the chapel congregations. The theme, “Where Faith and Life Meet,” is incorporated in fun activities, Bible applications and off-post events. Adults are invited to help and join in the fun. For more information, call Joanne Benson at 599-0157.

PWOC family fiesta

The Fort Sam Houston Protestant Women of the Chapel will hold fiesta night April 27 at 5:30 p.m. at Dodd Field Chapel. Dinner will be served at 6 p.m. Games and other fiesta activities will follow dinner. The community is invited. For more information, call Lois Griffith at 226-1295.

PWOC weekly Bible studies

The Protestant Women of the Chapel invites women in the Fort Sam Houston community to weekly Bible studies at Dodd Field Chapel. The day-time study meets Wednesdays from 9:30 to 11:30 a.m. and the evening study meets Thursdays at 6:30 p.m. Childcare is provided for both studies. For more information, call Lois Griffith at 226-1295 or visit <http://www.cs.amedd.army.mil/chaplain/Womensministry/>.

PWOC seeks homeschool moms

The Protestant Women of the Chapel invites women who homeschool their children to attend PWOC programs Wednesdays from 9:30 to 11:30 a.m. at Dodd Field Chapel. For more information, call Jenifer Sones at 271-3174 or e-mail jecsones@earthlink.net.

For the chapel services schedule, visit [www.samhouston.army.mil/chaplain](http://www.samhouston.army.mil/chaplain).

MWR hotline

Information about MWR events, activities and programs is available 24 hours a day at 295-3697 or visit www.fortsamhoustonmwr.com.

Community Recreation

Post garage sale

The next post garage sale will be held May 6 from 7 a.m. to 1 p.m. at the MacArthur Pavilion parking lot. There is no cost to participate, but individuals selling items must pre-register by calling 221-2523 or 221-2601. A valid Department of Defense ID card is required to participate. Participants must bring their own tables or rent them from the Outdoor Equipment Center at 221-5224.

Equestrian summer youth camp

Registration for the Equestrian Center Summer Youth Horsemanship Camp begins May 1 for youth ages seven to 17 years. Camp consists of a one-week session held from 9 a.m. to 3 p.m. each day. The first session begins May 29; the last session ends Aug. 4. Registration fee is \$175 (\$25 deposit

Military Appreciation Night



Force 3 salutes Fort Sam Houston at Military Appreciation Night with the San Antonio Missions Baseball organization on Wednesday at Wolff

Stadium. The game begins at 7:05 p.m. It will feature Fort Sam Houston Soldiers participating in several pre-game activities. The game is the first of three military appreciation nights the Missions will have this season to recognize and thank military personnel in the San Antonio area for their service. Tickets vouchers can be picked up at various Morale, Welfare and Recreation facilities. For more information, call 221-2606 or 221-9904. The Salute to Military Families is sponsored by Force 3.

required). For more information, call 224-7207.

Swim class registration

Registration for Red Cross swimming lessons will begin May 1 from 11 a.m. to 7 p.m. at the Aquatic Center. Cost is \$35 per person for two-week lessons. Classes are Monday through Friday from 8:30 to 9:15 a.m. and 11 to 11:45 a.m. beginning June 5 through Aug. 4. For more information, call 221-1234 or 221-4887.

Bench Press Program

Participants of the Jimmy Brought Fitness Center’s bench press program receive a free T-shirt when they bench press specific weight categories. Men who bench 250, 300 and 400 pounds and women who bench 115 and 135 pounds receive shirts. For more information or to participate, call 221-2020 or 221-1234

Canyon Lake trailer renovations

The Fort Sam Houston Recreation Area at Canyon Lake is not accepting trailer reservations until further notice. Trailers are scheduled for renovation and construction. Only mobile homes will be affected by the construction project. The marina, cabana and beach areas will not be affected. For more information, call (830) 226-5357 or (888) 882-9878.

Archery lessons

Indoor archery lessons from beginner to professional level are offered at the Archery Training Center at the Outdoor Recreation Center. Lessons are by appointment only Tuesday through Friday from 10 a.m. to 12 p.m. and from 1:30 to 6:30 p.m. Special group sessions are available on the weekend. For more information or to make an appointment, call the Outdoor Recreation Center at 221-5225 or 221-5224.

Fun run/walk cancelation

The BG Johnson 5K and 10K Fun Run/Walk has been cancelled.

Cruiser bikes for rent

New men’s and women’s cruiser bikes are available for rent at the Outdoor Recreation Center. Cost is \$3 a day or \$5

for the weekend, and includes bicycle helmet and combination lock. For more information, call 221-5225 or visit the Outdoor Recreation Center at 1111 Forage Ave.

Dining and Entertainment

Sam Houston Club, 224-2721

Club membership benefits

Become a member of the Sam Houston Club and receive special benefits such as a free first month of membership. The Sam Houston Club will soon offer a membership card which will give members the chance earn complimentary items such as Sunday brunch, weekday lunch meal, bowling games, a bingo package and dinner theater show. The club member will be offered one complimentary service after using or participating in 10 paid activities at the Sam Houston Club. For more information, call the Sam Houston Club at 224-2721.

Administrative Professionals’ Day lunch

In honor of Administrative Professionals’ Day, the Sam Houston Club is offering a special lunch meal Wednesday. The meal will include spring mixed salad, pasta salad, marinated chicken breast with Alfredo sauce, fettuccini noodles, buttered broccoli, herbed fried mushrooms, Italian green beans, carrot or chocolate cake, garlic bread and iced tea. The cost is \$10 per person. Reservations are required by Monday. For more information or reservations, call 224-2721.

Lunch buffet

The Sam Houston Club features an “All You Can Eat” lunch buffet, which includes beverage, deluxe salad bar, soup and dessert, Monday through Friday from 11 a.m. to 1 p.m. The cost is \$5.95 for members and \$6.95 for nonmembers.

Bingo

Play bingo every Thursday and Friday; doors open at 5 p.m., and Saturday, doors open at 11 a.m. Youth 10 and older may play when accompanied by an adult. There is a free buffet for all bingo players.

Bowling Center, 221-3683

Eighties day

The Fort Sam Houston Bowling Center now offers 80 cent bowling and shoes every

Sunday from 2 to 8:30 p.m. For more information, call 221-3683.

Bowl-A-Jams

Bowl-A-Jams is every Saturday from 7 to 10 p.m. Cost is \$8 per person. The cost includes shoes and one order of fries per lane. For more information, call 221-3683.

Family Day

Every Sunday is Family Day at the Fort Sam Houston Bowling Center. Children under 12 years old bowl free from 2 to 9 p.m. when accompanied by a paying adult. For more information, call 221-4740.

Golf Club, 221-4388

**Golf Club advisory counsel meeting**  
The Fort Sam Houston Golf Club Advisory Counsel, chaired by Col. Bradley Freeman, will host a town hall meeting Monday from 4:30 to 6 p.m. at the golf clubhouse and is open to the Fort Sam Houston community. The open forum will introduce the construction and design teams of Landscapes Unlimited and Kevin Tucker Design Group. Both companies are contractors for the \$3,600,000 Salado Course renovation project. Representatives from both contractors will be present to explain the construction and design concept, drawings, timelines and progress made to this point and answer any questions concerning the project.

Harlequin Dinner Theatre, 222-9694

The Harlequin Dinner Theatre will present the comedy production, “Breaking Legs,” by Tom Dulack starting Wednesday. In this production, murder and menace are served up with plenty of pasta and laughter. The Harlequin Dinner Theatre box office is open Monday through Friday from 12 to 5 p.m. and Saturday from 1 to 5 p.m. Military discounts are available. For more information or reservations, call 222-9694.

MWR Ticket Office, 226-1663

Season passes to Fiesta Texas, Disney World and Universal Studios are available. For more information, call 226-1663 or 224-2721.

Child and Youth Services

Youth Services registration

Youth Services registration is Mondays through Fridays from 8 a.m. to 5 p.m. at the Roadrunner Community Center, Central Registration, Building 2797, Stanley Road. Central Registration takes walk-ins and appointments. To register, parents need to bring current shot records, name and telephone number of two local emergency contacts, physical exam or well baby check completed within the last 12 months with physician’s signature affixed, child’s Social Security number and proof of total family income such as a current leave and earnings statement or pay stub. There is an \$18 annual registration fee per child, maximum \$40 per family of three or more registering participants. For more information, call Roxanne Lacy at 221-4871 or Arlene Alvarez at 221-1723.

Summer camp registration

Summer camp registration for middle school teens and School Age Services is ongoing at the Roadrunner Community Center, Central Registration Building 2797. Registration is required for camps even if currently utilizing the program. A one-week non-refundable deposit will be required. A current Child and Youth Services membership is required to participate. For membership registration, parents must bring a current leave and earning statement or pay stub, current immunizations, physical for kindergarten through fifth grades and two local emergency designees. An \$18 dollar registration fee is required for membership. Children must have completed kindergarten. For more information, call Central Registration at 221-4871 or 221-1723.

Track registration

Registration for track is ongoing from 8 a.m. to 5 p.m. at

the Roadrunner Community Center, Central Registration Building 2797. To register, parents must pay a \$75 activity track fee and bring updated immunizations for fifth graders and below, current sports physical and a current leave and earning statement or pay stub. All participants must have a current Child and Youth Services membership. For more information, call 221-4871 or 221-1723.

Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet May 18 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, learn of upcoming events and attend parent education opportunities.

Home-based child care

Family Child Care offers home-based child care for ages 4 weeks to 12 years on and off post with certified providers. FCC offers full-day, part-day, before- and after-school care, hourly care, extended hourly care and long-term care. For referral information or child registration, call Central Registration at 221-4871 or 221-1723.

Family Child Care Online

Family Child Care Online is a marketing tool that allows parents to take a virtual tour of FCC homes. In addition, parents can read about the provider’s philosophy of care, hours of operation and background. This online tool can be accessed through the Child and Youth Services Central Registration office at Building 2797 from 8 a.m. to 4:30 p.m.

CDC waiting list

To remain on the waiting list for the Child

Development Center parents are advised to check their status every 90 days. To check status, call the Child and Youth Services Central Registration office at 221-4871 or 221-1723.

FCC providers

Family Child Care is looking for family members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3820 or 221-3828.

Youth Center happenings

Middle school and high school age youth are encouraged to check out the events at the Youth Center, Building 128.

Date	Time	Event
Today	4 to 5 p.m.	Arts and crafts – paper-mache eggs
	4 to 5 p.m.	Horse
	5 to 6 p.m.	Karaoke
	5 to 6 p.m.	Charades
	4 to 5 p.m.	“2” ball
Friday	4 to 5 p.m.	Tank ball contest
	5 to 6 p.m.	Cooking class – chicken stuffed shells
	5 to 8 p.m.	Jump rope
	6 to 9 p.m.	Embassy mini-golf field trip
	4 to 5 p.m.	Ultimate journey
Saturday	Closed	
Sunday	4 to 5 p.m.	Touch football
	4 to 5 p.m.	Tank ball contest
	5 to 6 p.m.	Steal the tire
	4 to 5 p.m.	Marathon kickball
	4 to 5 p.m.	Microsoft Word training
Monday	5 to 6 p.m.	Dance pad
	4 to 5 p.m.	Jump rope
	5 to 6 p.m.	“8” ball
	5 to 6 p.m.	Dodgeball

All middle school and high school children interested in any of the activities must be registered through Central Registration. For more information, call Child and Youth Services at 221-4871 or 221-1723.



Events

Fort Sam Houston fiesta walk

The walk is Saturday at 7:30 a.m. and 12 p.m., ending at 3 p.m. at the U.S. Army Medical Department Museum. For more information, call 658-2160 or visit walktx.org/TexasWanderers/. The 10K and 5K walk is sponsored by the Fort Sam Houston Texas Wanderers Volksmarch Club.

Children’s parade

The parade is Saturday from 10 a.m. to 6 p.m. and Sunday from 11 a.m. to 5 p.m. at 1370 Church Hill Drive, Exit 189 and U.S Highway 35. For more information or to register for the parade, call 830-6504 or visit www.nbheritagevillage.com. Admission is \$5 for adults, \$2 for students ages 6 to 12 and free for children ages 5 and under. The parade is sponsored by the Heritage Village and the Museum of Texas Handmade Furniture.

‘Piñatas in the Barrio’

“Piñatas in the Barrio” is Saturday from 12 to 11 p.m. at the Historic Guadalupe Plaza, 1327 Guadalupe St. Sponsored by Texas Community Health Network and the Avenida Guadalupe Association. The event is free and open to the public and will feature the unveiling of the Barrios largest pinata, live entertainment, delicious food, and fun for the whole family. The proceeds from the event support projects and programs primarily on the West Side of San Antonio. These projects include Diabetes Nutritional Education Classes, Wellness Fairs, and symposiums on aging and dying. For more information, call 222-1472.

Alamo City Community Band

The Alamo City Community Marching Band and the U.S. Army Medical Command Band of Fort Sam Houston will combine to perform a joint concert Sunday, at 8 p.m. at the MacArthur Field at Fort Sam Houston. The concert will feature a giant fireworks show and cannon fire to the famed “1812 Overture ” by Piotr Ilyich Tchaikovsky. The concert is part of the Fort Sam Houston Fiesta and is free and open to the public. For more information on the band, call 733-0120 or visit www.alamocityband.org.

Retired Officers’ Wives, Widows’ Club

The Retired Officers’ Wives and Widows’ Club of Fort Sam Houston will meet Monday at the Sam Houston Club at 11 a.m., lunch at 11:30 a.m. Cost is \$12. The program will feature “A Clown and the History of Clowns” by Donna Manna. For reservations, call Arline Brasell at 822-6559.

National Guard Fiesta

The National Guard Fiesta will be held Wednesday from 3p.m. to 12 a.m., at the Texas National Guard Armory, 4255 U.S. Interstate 35, north, exit Rittiman Road. The event is free and open to the public. The event will feature military vehicles on display, food booths, and entertainment. For more information, call Capt. Ben McMahon at 226-3424, ext.1632.

Lost Maples walk

The Selma Pathfinders Volksmarch Club will host a 5K, 10K and 14K walk on April 29 and 30 starting at Lost Maples State Natural Area on FM 187 five miles north of Vanderpool, Texas. For more information, call Phyllis Eagan at 496-1402 or e-mail papre1947@yahoo.com.

‘Classic Cruise along the Corridor’

The Alamo Area Council of Governments, the San Antonio Botanical Garden, and the communities of the Alamo-La Bahia Corridor are sponsoring the “Classic Cruise along the Corridor,” May 6 from 8 to 9:30 a.m. at the San Antonio Botanical Gardens’ parking lot. The car clubs will depart from the San Antonio Botanical Gardens’ parking lot and journey down the historic Alamo-La Bahia Corridor, music by local songwriter Roger

Chacon. For more information, call 362-5220 or visit www.aacog.com/tourism.

Annual Tejano/Conjunto Festival

The festival is May 10 to 14 from 6 to 9 p.m., Rosedale Park. For more information, call 271-3151, ext. 15 or visit www.guadalupeculturalarts.org. Tickets are \$7.50; four-day passes are \$25. Tickets can be purchased in advance at the gate during the event. The festival will feature many popular Texas-based acts. The festival is sponsored by the Guadalupe Cultural Arts Center.

Fiesta tickets sales

The sale hours are Monday through Friday, 10 a.m. to 6 p.m. and Saturday from 10 a.m. to 3 p.m. at the Fiesta San Antonio Commission’s consolidated ticket sales office, 2611 Broadway. For more information, visit www.fiesta.sa.org.

Meetings

Sergeants Major Association

The Fort Sam Houston Sergeants Major Association will meet May 18 and June 15 at 5 p.m. in the Sam Houston Club. All active duty and retired sergeants major and command sergeants major (E-9 from all services) are welcome to participate in this community-based fraternal association. For more information, call Command Sgt. Maj. Timothy Burke at 221-8050 or Command Sgt. Maj. Stephen Paskos at 221-1676.

BAMC chess club

The Brooke Army Medical Center chess club meets Wednesdays from 5 to 7:30 p.m. in the BAMC Medical Mall. The club is open to military and their dependents, civilians and patients; experience is not necessary. People can bring a chess set, or sets can be provided on site. For more information, call Sgt. Michael Veri at 513-3435 or e-mail michael.veri@cen.amedd.army.mil.

Training

ACAP teacher certification seminar

A teacher certification seminar will be held Monday from 9 to 11 a.m. in the Army Career Alumni Program Center, Building 2263, Room B-100, 1706 Stanley Road. A representative from the San Antonio College and “Troops to Teachers” will be available to provide details on becoming a certified teacher in Texas and to provide information on financial assistance.

Virtual assistant workshops

Virtual assistant workshops are May 11, 18, and 19. Application deadline is April 28. Participation is limited to eight individuals and selected based on the information provided in the training application. Virtual assistants are self-employed individuals who provide off-site business-support services to their clients. Training is free and open to active duty Army military spouses. Submit application online at http://www.msvas.com/application\_samhouston.htm. For more information, call Gabriele Dias at 221-0516 or Jennifer Swiger at 221-0427.

Free training available

The Human Relations/Equal Employment Opportunity Office offers the following classes available at no charge: Prevention of Sexual Harassment, Diversity, Basic EEO, Disability Etiquette, Communicating with Hearing Instrument Users, Reasonable Accommodation Procedures, and Communicating Effectively. For more information, or to schedule a class, call Marie Jangaon 221-9194 or Glennis Ribblett 221-9401.

ROA offers college scholarships

The Reserve Officers Association will award up to 60 \$500 Reilly Scholarships to undergraduate and graduate students for the 2006-2007 school year. Undergraduate applicants must be the children, grandchildren or

spouses of ROA members. Graduate applicants must be ROA members. ROA membership is open to any officer (active, Reserve, National Guard, retired or former) of the seven uniformed services: Army, Navy, Air Force, Marine Corps, Coast Guard, Public Health Service or National Oceanic and Atmospheric Administration. To join ROA, call (800) 809-9448 or visit www.roa.org. For more information, call Chandra Oliphant at (800) 809-9448, ext. 730.

Scholarships in health care careers

The PacifiCare Foundation and the UnitedHealthcare Latino Health Scholars program offers 75 \$2,000 scholarships to Spanish-speaking, bicultural high school students who want to pursue careers in the health care industry. Applicants must be high school seniors with a minimum grade point average of 3.0; fluent in Spanish and English; show proof of acceptance into a university, community college or accredited technical college; and enrolled in an approved health care program at the time they receive the scholarship. Applications are due May 29; visit www.pacificarelatino.com.

GED classes offered

General Equivalency Diploma classes are offered Mondays and Wednesdays from 6 to 8:30 p.m. in the Roadrunner Community Center, Building 2797, Stanley Road. Sessions are free and open to all military and dependents with ID cards. For more information or to register, call Gabriele Dias at 221-0516 or Jennifer Swiger at 221-0427.

St. Mary’s education office

A St. Mary’s University representative is available Mondays and Tuesdays from 8:30 a.m. to 4 p.m. and Fridays from 8:30 a.m. to 12:30 p.m. in Building 2248, Room 206, to assist individuals interested in pursuit of a master’s degree in teacher certification. For more information, call Iona Million at 226-3360.

Volunteer

Post volunteers needed

The Fort Sam Houston Army Volunteer Corps needs volunteers to help enhance and augment programs and organizations in the Fort Sam Houston community. Volunteers are needed at the Harlequin Dinner Theatre,

Youth Services and the Red Cross. For more information, call Kim Taylor at 221-0921 or e-mail kimberly.taylor2@samhouston.army.mil.

VFW Post seeks American flags

The Veterans of Foreign Wars, Post 4700 is seeking donations of used American flags for their retirement flag ceremony. Drop off flags at the VFW Post 4700, between 2 and 8 p.m. daily. For more information, call Robert De La Vega at 833-8563. The retirement ceremony will be held on Flag Day, June 14 at 7 p.m. on the grounds of VFW Post 4700, 2219 Frio City Road.

American Red Cross youth program

The American Red Cross summer youth program needs volunteers’ ages 14 to 17 years old. The BAMC Orientation is June 1 or 13 from 7:30 a.m. to 12 p.m. in the Hospital Education Center, Room 7, West. Parental consent and application forms are available in the Office of Volunteer Services, fifth floor. For more information, call Jessica Veilleux at 916-5083 or Laura Hansbrough at 916-3862.

Shaving bumps research study

The Wilford Hall Medical Center needs volunteers to participate in a clinical research study to determine a safe and effective topical treatment of Pseudofolliculitis Barbae of the Beard. Eligible participants must be a male at least 18 years old, in good health, have a stable shaving regime, have qualifying PFB at baseline and must be able to make seven outpatient visits at the WHMC Dermatology Clinic. Participants must eligible to receive medical benefits. For more information, call Rosemary Wells at 292-0329, or pager 230-0154.

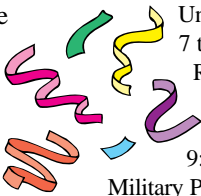
American Heart Association

The American Heart Association, San Antonio Division will host a Cultural Health Initiatives Task Force Recruitment Reception, May 4 from 6:30 to 8:30 p.m. at the Sunset Station in the Agave Room; the reception is to enlist strong business and passionate community leaders to join the association’s Hispanic and African American outreach task forces. To RSVP for the reception and for more information, call Jesse Ramos at 617-2617 or e-mail jesse.ramos@heart.org.

Alamo city gets ready to celebrate Fiesta 2006

Listed below are just a few of the events open to the public:

**Friday**  
9 to 10 a.m. – Fiesta San Antonio Official Opening Ceremony in front of the Alamo. A ritual tie-cutting gives the cue to get the party started. The event features singing, dancing and all the merriment that is Fiesta San Antonio.  
5 to 11 p.m. – Fiesta Oyster Bake, St. Mary’s University Campus, One Camino Santa Maria.  
**Saturday**  
7:30 a.m. to 3 p.m. – 10K Walk: Caminada de Fiesta, held through Fort Sam Houston, the San Antonio Botanical Gardens and the Army Medical Department Museum located at Stanley and Harry Wurzbach Roads.  
7:30 to 8 p.m. – Investiture of King Antonio LXXXIV in front of the Alamo.  
**Sunday**  
8 to 9 a.m. – Fiesta Mariachi Mass, San Fernando Cathedral, 115 Main Plaza.  
1 to 9 p.m. – Fort Sam Houston Fiesta Ceremony and Fireworks at MacArthur Field, Fort Sam Houston.  
3 to 4 p.m. – Day in Old Mexico and Charreada, 6125 Padre Drive.  
**Monday**  
11 a.m. to 12 p.m. – Air Force at the Alamo.  
4 to 5:15 p.m. – Pilgrimage to the Alamo, procession from Municipal Auditorium to the Alamo.  
7:30 to 9:30 p.m. – Texas Cavaliers River Parade, San Antonio River.  
**Tuesday**  
5:30 to 10:30 p.m. – A Night in Old San Antonio, La Villita.  
7 to 9 p.m. – Fiesta in Blue (Air Force Musical Extravaganza) at Laurie Auditorium, Trinity



University, 715 Stadium Drive.  
7 to 10 p.m. – Mariachi Festival, River Walk, River Bend and extension of the Paseo del Rio.  
**Wednesday**  
9:30 to 10:15 a.m. – Lackland Fiesta Military Parade at Lackland Air Force Base parade grounds.  
3 p.m. to midnight – Texas Guard Fiesta, Texas National Guard Armory, 4255 Interstate Highway 35.  
5:30 to 10:30 p.m. – A Night in Old San Antonio, La Villita.  
**April 27**  
11 a.m. to 1 p.m. – Navy Day at the Alamo.  
4 to 5 p.m. – Marines at the Alamo.  
5:30 to 10:30 p.m. – A Night in Old San Antonio, La Villita.  
7 to 9:15 p.m. – Battle of Flowers Band Festival at the Alamo Stadium.  
**April 28**  
11:50 a.m. to 5 p.m. – Battle of Flowers Parade, downtown San Antonio, beginning on Broadway and Grayson Streets.  
5:30 to 10:30 p.m. – A Night in Old San Antonio, La Villita.  
**April 29**  
8:30 to 10:30 a.m. – Fiesta Pooch Parade, Alamo Heights Swimming Pool, 250 Viesca.  
9:30 a.m. to 6 p.m. – King William Fair and Parade in the King William Historic District on South Alamo Street.  
6:50 to 10 p.m. – Fiesta Flambeau Parade, Parade Route through downtown San Antonio.  
**April 30**  
9 a.m. to 1 p.m. – Fiesta Bicycle Classic, Texas Research Park, 14815 Omicron.  
1 to 6 p.m. – Day in Old Mexico and Charreada, 6125 Padre Drive.

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit a Fort

Freebie, e-mail to **news.leader@samhouston.army.mil** or fax to **295-0512**. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.



**For Sale:** Sony 32-inch TV stand, good condition, with glass doors and bottom shelf, \$80; Sony Vaio PCV-RX470DS computer with speakers, keyboard, 17-inch monitor, mouse, recovery disks, \$200. Call 651-9168.

**For Sale:** AKC Saint Bernard puppies, \$600. Call 661-6944 for an interview.

**For Sale:** 2006 cargo trailer, 24-foot, two 5K axles, loading ramp, car tie-downs, electric brakes, wood panel interior, used only once, \$5,900. Call (253) 376-0666 or 326-3893.

**For Sale:** Mitsubishi HD 1080 Series 55-inch projection TV, HD upgradeable, wide screen picture format, PIP or POP

viewing option, V-chip technology, multi-brand remote control, 5 years-old, excellent condition, \$1,350 obo. Call 590-4854.

**For Sale:** Cargo trailer, five feet by ten feet, \$499; Toyota Tacoma six-foot bed-liner, \$75. Call 626-2672 or 683-4862.

**For Sale:** Belgian rug, 5.5 feet by 7.5 feet, \$40; white wicker desk, \$50; vacuum cleaner, upright model with attachments, \$35. Call 495-2296.

**For Sale:** Playstation portable with two games, \$170 obo. Call 557-4532.

**For Sale:** 2004 Dodge Grand Caravan

SE, V6, automatic, 29,000 miles, \$18,000 obo. Call Rosie De La Rosa at 999-7072 or 452-5709.

**For Sale:** Tickets to NAJEE, sax jazz concert, also Brian Culbertson and Gabriela Anders, April 28, at Municipal Auditorium. Tickets available at door on day of show. For more information, call 732-4111.

**For Sale:** Wooden bar, \$150; two metal bar stools with brown seat cushions, \$40; two video rockers, \$40; wood hutch cabinet, \$100. Call 650-0337.

**For Sale:** 2004 Land Rover Freelander, silver, 25,000 miles, four-door, Sport Utility Vehicle, V6, automatic, all-

wheel drive, excellent condition, \$21,000 obo; 2004 Jeep Liberty Sport, black, 18,000 miles, four-door, SUV, V6, automatic, excellent condition, \$15,000 obo. Call 745-1526.

**Free:** Two male cats, one 5-year-old male, solid grey, neutered with all shots; 3-year-old male, part bobcat with half-tail, grey and black striped shorthair, neutered with all shots. For more information, call Landry at 656-6466 or 295-4143.

**Wanted:** Good home for medium size mixed breed dog, short-haired, female, less than one year old, spayed. Sweet personality, active, needs a good home with a yard. Call 916-3168 or 481-3389.